



City of Hartford

## HEALTH & HUMAN SERVICES DEPARTMENT

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### **DANCE THE POUNDS AWAY BY “DANCING TO WELLNESS”**

(December 27, 2005)--- Want to work off those Holiday pounds? The City of Hartford Department of Health and Human Services will start the New Year with a brand new program intended to motivate people of all ages to stay fit while having fun.

The program is called “Dance to Wellness” and will be held the first Thursday of every month at different locations to allow people from different Hartford neighborhoods to take part.

The first program of this series will be held on Thursday, January 5<sup>th</sup>, 2006 from 5:30 to 7:00 p.m. at Pope Park Recreation Center located at 30 Pope Park Drive. An instructor will teach “the merengue” to the sound of great Latin tunes. Other dance styles will be explored at future gatherings.

While participants rest their feet, a nutritionist will do a brief presentation about healthy eating during the winter months. Healthy refreshments will be served.

Mayor Eddie Perez says, “Good health is a great New Year’s resolution. This dance series is a wonderful way for Hartford residents to invest in a healthy lifestyle as well as explore all the different cultural dances that reinforce the fact that diversity is the strength of our great city!”

“Dancing is a wonderful and creative experience that unites people of different cultural backgrounds crossing intergenerational barriers,” says Ramon Rojano, Director of Health and Human Services. “Whether it is ballet or ballroom, jazz or tap, dance is great for helping people of all ages and physical abilities to get into and stay in shape.”

An adult of medium built can burn about 150 calories doing 30 minutes of moderate social dancing. It also strengthens bones and muscles, improves posture and balance, increases stamina and flexibility, reduces stress and tension, builds confidence, and wards off illnesses like heart disease and depression. Dance is also a great way to socially interact with friends and make new acquaintances.

Other positive exercise includes a brisk walk, riding a bike, and low impact aerobics. Hartford residents are encouraged to take advantage of this program.

**A schedule of future locations for “Dancing to Wellness” will be posted at [www.healthyhartford.org](http://www.healthyhartford.org) or you can call the Department of Health and Human Services at (860) 543-8800.**